

## HEADACHES

There are different types of headaches – cluster, migraine, and tension – which can be distinguished by varying symptoms. Regardless of the type, causes common to all include dehydration, food intolerances, chemicals, toxicity, stress, hormone imbalance, and vascular disorders. The goal of enzyme therapy is to minimize the incidence of any type of headache. Proper digestion, blood flow, and elimination is fundamental, and additional protease enzymes have been reported to help with hormonal imbalances.\*

- A digestive enzyme formula taken with meals helps support bio-availability of all the nutrients, vitamins, minerals, amino acids, and EFA's necessary in the production of hormones and neurotransmitters.\*
- Omega-3 fatty acids provide essential nutrients are well known for their ability to help reduce inflammation which can be helpful in reducing headaches.\*
- A protease formula between meals helps ensure proper blood flow and supports nervous system communication by helping deliver "messengers," control inflammation, and remove toxins.\*
- A probiotic supplement further supports digestion and promotes timely elimination while maintaining a healthy gut environment.\*

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TPP DIGEST	1 cap	with every meal or snack
TPP EFA 1,200MG	2 gelcaps	daily with meals
TPP PROTEASE	2 caps	3 x day between meals
TPP PROBIOTIC	1 cap	at bedtime

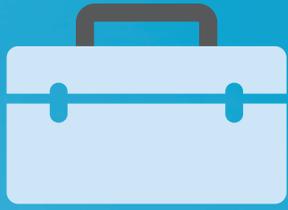
Transformation™ offers several formulas for the "sensitive" patient. If needed, you may substitute:

DIGESTZYME	2 caps	with every meal or snack
TPP EFA 1,200MG	2 gelcaps	daily with meals
PUREZYME	2 caps	3 x day between meals
PLANTADOPHILUS	3 caps	in the morning and at bedtime

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Questions? 1-800-777-1474  
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# Enzyme Therapy

## HEADACHES

Additional support formulas you may want to consider for patients with Headaches. Dosages are based on therapeutic recommendations and may be decreased for maintenance protocols.

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### L-DRAIN

1 dropper

3-4 x day with water

- Frequent headaches and migraines can be improved with proper lymph flow, since lymph congestion can lead to pain in the head or neck. This product assist in eliminating waste from the lymphatic system and is effective in relieving congestion of the interstitium.\*

### SUPER CELLZYME

2 caps

daily

- Nutritional deficiencies can be an underlying cause of frequent headaches or migraines. This whole food vitamin and mineral supplement blends various vegetables and botanicals for an extra source of real whole food nutrition with enzymes to facilitate the absorption of these nutrient.\*

### MASTERZYME\*\*

2 caps

2 x day with food

- Fluctuating hormone levels are a major contributing factor in chronic headaches and menstrual migraines. This formulation of enzymes, herbs, and glandulars supports the entire endocrine system. More often than not, when one area of the endocrine system is challenged, the other glands are also affected. This formula provides nutritional support for the adrenal, pituitary, and thyroid glands as well as the reproductive system.\*

\*\*Testing or monitoring of hormone levels is advised with glandular / nutritional hormone therapies

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**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**